



Grilled Eggplant and Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon mustard dry
- ☐ 3 eggplant
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup mint leaves divided
- ☐ 1 cup olive oil extra-virgin divided
- ☐ 2 tbsp salt divided

- ☐ 4 slices firm-ripe tomatoes

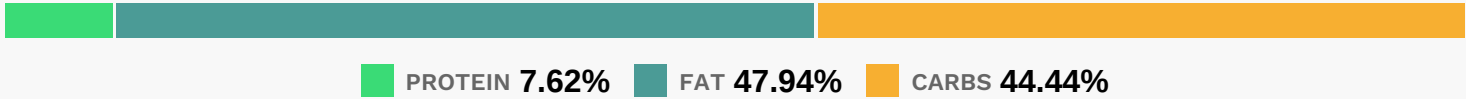
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ blender
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ In a bowl, dissolve 2 tbsp. salt in 3 qts. water.
- ☐ Cut eggplant crosswise into 1/2-in. slices. Put slices in salted water; top with a plate or pot lid to submerge.
- ☐ Let sit 30 minutes.
- ☐ Meanwhile, prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds).
- ☐ Drain eggplant on a kitchen towel. Arrange eggplant and tomatoes on a baking sheet.
- ☐ Brush all over with 1/2 cup oil.
- ☐ Grill tomatoes, covered, turning once, until grill marks appear, 2 to 3 minutes per side.
- ☐ Transfer to a plate and set aside.
- ☐ Grill eggplant (in batches if necessary), covered, turning occasionally, until browned all over and tender to the bite, 5 to 8 minutes. Arrange on a large platter.
- ☐ In a blender or food processor, pure remaining 1/2 cup olive oil, the lemon juice, 1/2 cup mint leaves, the garlic, remaining 1/2 tsp. salt, the pepper, and mustard.
- ☐ Drizzle three-fourths of dressing over eggplant. Arrange tomatoes on eggplant, drizzle them with remaining dressing, and top with remaining 1/2 cup mint. Season to taste with more salt.
- ☐ Make ahead: Prepare recipe through step 5 up to 3 hours ahead, cover, and hold at room temperature. Assemble just before serving.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:7.672173904336%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 99.75kcal (4.99%), Fat: 5.83g (8.98%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 6.35g (2.31%), Sugar: 6.62g (7.35%), Cholesterol: 0mg (0%), Sodium: 1750.23mg (76.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Manganese: 0.5mg (25.06%), Fiber: 5.82g (23.27%), Potassium: 468.37mg (13.38%), Vitamin C: 10.49mg (12.71%), Folate: 47.87µg (11.97%), Vitamin K: 10.44µg (9.94%), Vitamin E: 1.38mg (9.21%), Vitamin B6: 0.17mg (8.55%), Copper: 0.17mg (8.53%), Vitamin A: 391.76IU (7.84%), Magnesium: 30.96mg (7.74%), Vitamin B3: 1.3mg (6.52%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.53mg (5.27%), Phosphorus: 50.37mg (5.04%), Vitamin B2: 0.08mg (4.88%), Iron: 0.79mg (4.37%), Calcium: 33.19mg (3.32%), Zinc: 0.38mg (2.52%), Selenium: 0.71µg (1.02%)